



Harvest of the Month

Network for a Healthy California



2009—2010

4th Grade Workbook



Name _____

Introduction

Harvest of the Month is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.



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The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 2½ cups of vegetables and 1½ cups of fruit every day.

½ cup of fruit



½ cup of vegetables



1 cup of fruit

1 cup of raw leafy greens



½ cup of vegetables




½ cup of vegetables



¼ cup of dried fruit



Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me
Apple 					
Roots & tubers 					
Cooked greens 					
Beans 					
Grapefruit 					
Beets 					
Peppers 					
Cucumber 					
Berries 					
Corn 					

The **September** Harvest of the Month featured fruit is **apples**



- Apples are a good source of fiber and vitamin C.
- Apples are a source of potassium, which helps maintain a healthy heart.
- Apples are best when eaten with the peel, that is where most of the fiber is found.

THE NUTRITION FACTS LABEL

The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is a high, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and what nutrients they are high in or a good source of.

For example, we can say that one medium apple is a good source of fiber because the % Daily Value for fiber is 15%.

Nutrition Facts

Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%



5% or less = Low Source

10-19% = Good Source

20% or more = High Source

One medium apple is 12% of the Daily Value for vitamin C. Is one medium apple a low, good, or high source of vitamin C? _____

List three adjectives to describe the way apples taste, look, or smell. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____



For important information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

Read It Before You Eat It

The Nutrition Facts labels are the best way to know more about the food you are going to eat.

How many servings are you eating?

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250 Calories from Fat 110	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 20%	• Iron 4%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Get What You Need!

Get LESS

5% or less is low

20% or more is high

Get ENOUGH

5% or less is low

20% or more is high

Source: Team Nutrition

This nutrition facts label is for macaroni and cheese.

1. What would be considered a high % Daily Value? _____%
2. Are there any nutrients on this food label that are a high source? What are they?

a) _____
b) _____
3. Of those two nutrients in question 2, which nutrient should you get enough of?



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The **October** Harvest of the Month featured vegetable is **roots & tubers**



- Root vegetables are the roots of plants that are eaten as vegetables. Roots include carrots, sweet potatoes, turnips, jicama, rutabaga, and beets.
- Tubers are different from roots because they are big underground stems. Tubers store energy for the plant. Tubers include potatoes and yams.
- The Irish were among the first Europeans to recognize potatoes as a valuable source of nutrition.

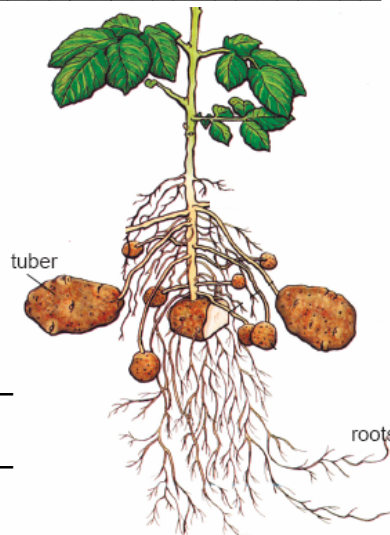


List three adjectives that describe the way roots and tubers taste, look, or feel. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____

What is your favorite tuber?

What is a healthy way to prepare your favorite tuber?



rutabaga



turnip

jicama



Nutrition Facts

Serving Size: ½ small russet potato, baked with skin (69g)

Calories 67

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 6%

Sugars 1g

Protein 2g

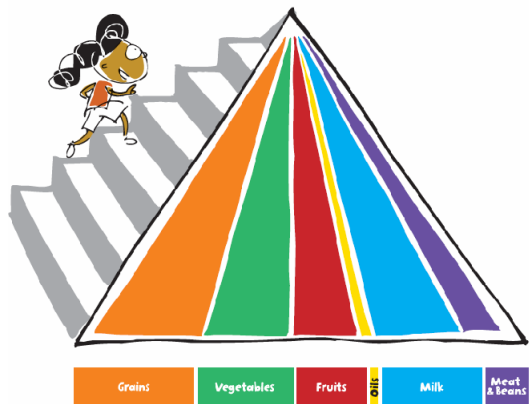
Vitamin A 0% Calcium 4%

Vitamin C 27% Iron 3%

What is your favorite root vegetable?

What is a healthy way to prepare your favorite root vegetable?

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MyPyramid.gov

There are five colors that represent the food groups: orange, green, red, blue, and purple. Yellow represents oils, but it is not a food group. Remember to eat foods from each food group every day.

FOOD GROUP	DAILY GOAL
GRAINS	6 ounce equivalents (1 ounce equivalent = 1 slice bread, 1 cup dry cereal, ½ cup cooked rice, cooked pasta, or cooked cereal)
VEGETABLES	2½ cups (1 cup = 3 spears of broccoli, 2 cups of raw leafy greens, 1 large pepper, 1 medium potato. ½ cup = 6 baby carrots, 1 small ear of corn, 1 small tomato)
FRUIT	1½ cups (1 cup = 1 large banana, 1 small apple, 1 small orange, 1 cup of 100% fruit juice, ½ cup of dried fruit)
MILK (DAIRY)	3 cups (1 cup milk = 1 cup yogurt or 1½ ounces of cheese)
MEATS & BEANS	5 ounce equivalents (1 ounce equivalent = 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 tablespoon peanut butter, ½ ounce nuts, ¼ cup dry beans)

Now that you learned the daily amount you should eat from each food group, plan a meal using food from each food group and write down the amount. Use the list of foods on page 25 to help you.

FOOD	FOOD GROUP	AMOUNT

The **November** *Harvest of the Month* featured vegetable is **cooked greens**



collard greens

- Cooked greens include bok choy, collard greens, kale, and Swiss chard.
- A ½ cup of cooked greens are a high source of vitamin A, vitamin C, and vitamin K.
- A Southern tradition in the United States is to eat collard greens on New Year's Day to guarantee wealth in the coming year because their leaves look like folded money.

List three adjectives that describe the way cooked greens taste, feel, or look. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____

NUTRITION FACTS

A ½ cup of cooked greens are a high source of vitamin____, vitamin____, and vitamin____.

Use the glossary of nutrients on page 28 to define vitamin K.

Nutrition Facts

Serving Size: ½ cup cooked collard greens (95g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 2g	
Vitamin A 154%	Calcium 13%
Vitamin C 29%	Iron 6%



kale



bok choy



Swiss chard



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Celebrate the Fruit & Veggie Way

HAVE A FRUIT AND VEGETABLE CLASSROOM PARTY!

We all enjoy celebrating holidays at school! But, sometimes there aren't a lot of healthy choices and you may want to eat too much.

The next time you celebrate in the classroom, suggest that it be a fruit and vegetable party. Ask your classmates to bring their favorite fruit or vegetable dish. Or you can set a theme, like cultural day, and make fruit and vegetables dishes from a different country. Here are some examples:

- Make a fresh vegetable platter or fruit salad.



- Make kabobs by placing bite-sized pieces of fruits or vegetables onto skewers.

- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.



Adapted from CDC Fruits & Veggies More Matters

What snack would you like to bring to the party? Explain why it is a healthy snack.

Snack _____

Why is this a healthy snack? _____



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The **December** Harvest of the Month featured vegetable is **beans**



- A ½ cup of most beans are a high source of fiber.
- Garbanzo beans are called chickpeas because each bean has a small beak that looks like a chick's beak.
- Beans were found in Egyptian pyramids that were built more than 4,000 years ago.

List three adjectives to describe the way beans taste, smell, or feel. You can use the list of adjectives on page 27 to help you.

1. _____
2. _____
3. _____



Garbanzo bean



Nutrition Facts

Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

NUTRITION FACTS

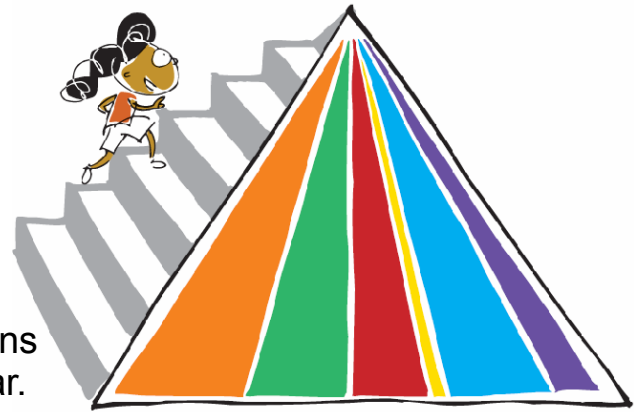
A ½ cup of garbanzo beans have _____ grams of fiber.

Use the glossary of nutrients on page 28 to write the definition of fiber.



How to Choose Healthier Foods

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid. Look at page 25 for a list of foods that are at bottom of the pyramid.



The foods at the bottom of MyPyramid provide vitamins and minerals without a lot of added fat or added sugar.

Foods with higher amounts of solid fat and added sugar are in the narrower top area of MyPyramid. Occasionally everyone can enjoy these foods. But eating too many of the foods from the top of MyPyramid could lead to weight gain.

Write a check next to the food that is a healthier choice. Explain why you chose that food.

Food Groups	Wider Area	Narrower Area
Grains	<input type="checkbox"/> Whole-wheat bread	<input type="checkbox"/> Doughnut
Why?		
Vegetables	<input type="checkbox"/> Baked sweet potato	<input type="checkbox"/> French fries
Why?		
Fruits	<input type="checkbox"/> Peach	<input type="checkbox"/> Peach pie
Why?		
Milk	<input type="checkbox"/> Lowfat frozen yogurt	<input type="checkbox"/> Ice cream
Why?		
Meat & Beans	<input type="checkbox"/> Baked fish	<input type="checkbox"/> Fried fish
Why?		

The **January** Harvest of the Month featured fruit is **grapefruit**



- A ½ of a medium grapefruit is a high source of vitamin C.
- Grapefruit is a source of magnesium.
- Grapefruit was named by a Jamaican farmer who saw the way it grows in groups – like grapes – on the tree. Grapefruit has grown in groups with as many as 25 fruits.

List three adjectives to describe the way grapefruit taste, look, or smell.

1. _____
2. _____
3. _____

Nutrition Facts

Serving Size: ½ medium grapefruit (123g)
Calories 46 Calories from Fat 1

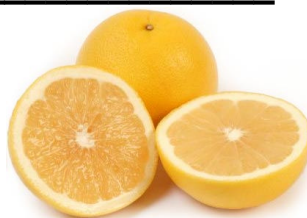
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%

NUTRITION FACTS

A ½ of a medium grapefruit is a high source of vitamin _____.

What is the % Daily Value for vitamin C in ½ of a medium grapefruit? _____.

Use the glossary of nutrients on page 28 to define vitamin C.



Health Benefits of Physical Activity

Physical activity can bring you many health benefits. It is good to enjoy doing physical activity every day because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get to and keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles, and joints

SOURCE: *Network for a Healthy California*

Explain why you should be active every day.



Write two physical activities that you like doing with your family and friends. Look on page 26 for ideas.

1.

2.

What are three ways you could add 10 to 15 minutes of physical activity to your day?

1.

2.

3.



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The **February** Harvest of the Month featured vegetable is **beets**



- Beets are a root vegetable that grow underground.
- The green leaves of beets have been eaten before written history. The leaves are a source of calcium and iron.
- Beet juice and beet powder are used as a natural food coloring and to dye make-up and clothes.

List three adjectives to describe the way beets taste, feel, or look.

1. _____

2. _____

3. _____



Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Sugars 7g

Protein 1g

Vitamin A 1% Calcium 1%

Vitamin C 5% Iron 4%

NUTRITION FACTS

A ½ cup of beet leaves have 8% Daily Value for calcium.

Use the glossary of nutrients on page 28 to write the definition of calcium.





Water is the Way to Go

Underline the main idea in red and the major supporting details in blue.

It is important that children drink water daily for good health. If your body doesn't have water, it can stop working properly. This may be surprising, but there is no magic number of cups of water that kids need to drink every day. Kids your age can drink water during the day, and should definitely drink water when they are thirsty.

There are times when you will need to drink more water than you normally do. When it's sunny and warm, keep a water bottle on your desk. If you're going to play a sport or be physically active, you will need to drink water before, during, and after playing. It is necessary to replace the water that leaves your body in the form of sweat. You can't play your best when you're thirsty!

Water is the best drink for active kids your age. Sports drinks are not necessary for active children because they have added sugar, sodium and extra calories.

When your body doesn't have enough water, you can become dehydrated. Dehydration can keep you from being as fast and as sharp as you would like to be. Dehydration can even make you feel sick.

By drinking enough water, your body will be able to do all of its wonderful jobs and you'll feel great!



Adapted from: kidshealth.org



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The **March** Harvest of the Month featured vegetable is **peppers**



- There are two categories of peppers: hot and sweet.
- A ½ cup of sweet green bell peppers is a high source of vitamin C. A ½ cup of sweet red bell peppers is a high source of vitamin A.
- By weight, hot peppers contain 357% more vitamin C than an orange.



List three adjectives that describe the way peppers taste, look, or sound.

1. _____
2. _____
3. _____



Nutrition Facts	
Serving Size: ½ cup sweet green peppers, chopped (75g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 100%	Iron 1%

NUTRITION FACTS

A ½ cup of sweet green bell peppers is a high source of vitamin_____.






A ½ cup of sweet red bell peppers is a high source of vitamin_____.

Use the glossary of nutrients on page 28 to define vitamin A.



Important Nutrients

Every fruit and vegetable has a different combination of nutrients that help promote better health. Eating colorful fruits and vegetables helps us get the nutrients our bodies need.

NUTRIENT	WHAT IT DOES	WHERE IT'S FOUND
Vitamin A	<ul style="list-style-type: none"> Helps keep your skin healthy Important for night vision 	cantaloupe, carrots, sweet potatoes, spinach, and broccoli 
Vitamin C	<ul style="list-style-type: none"> Important for keeping your gums and skin in good shape Helps your body heal cuts 	cabbage, kiwi, oranges, bell peppers, and strawberries 
Calcium	<ul style="list-style-type: none"> Most important mineral for bone health Makes your bones and teeth strong and healthy 	green leafy vegetables, like broccoli and cooked greens 
Iron	<ul style="list-style-type: none"> Helps carry oxygen from your lungs to the rest of your body 	dried fruit, spinach, and broccoli 
Fiber	<ul style="list-style-type: none"> Helps keep your digestive system healthy May help lower your cholesterol 	all fruits and vegetables 

Test Your Knowledge!

Complete the paragraph by choosing the correct missing word.



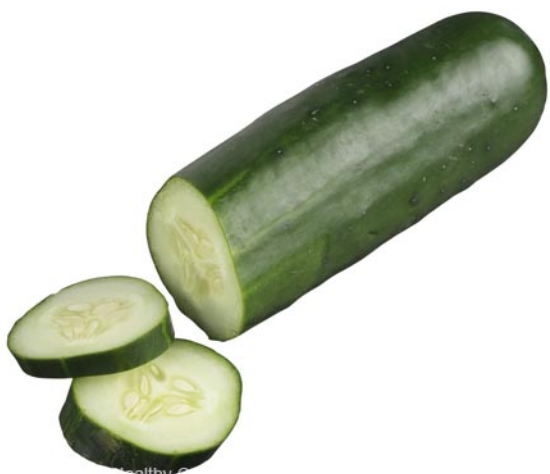
Every fruit and vegetables has a different combination of _____
that help promote better health. Vitamin _____ helps keep your skin healthy. Iron helps
carry _____ from your _____ to the rest of your body. Vitamin C is important for
keeping your _____ and _____ in good shape. _____ is the most
important mineral for bone health. Fiber helps keep your _____
healthy. All _____ & _____ have fiber.



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The **April** Harvest of the Month featured vegetable is **cucumber**



- Cucumbers are 96% water.
- The inside of a cucumber can be up to 20 degrees cooler than the outside.
- The British have a plant they call the “squirting cucumber.” This strange fruit bursts open and shoots seeds up to 60 miles per hour.

List three adjectives that describe the way cucumbers taste, sound, or feel.

1. _____

2. _____

3. _____



Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars 1g

Protein 0g

Vitamin A 1% Calcium 1%

Vitamin C 3% Iron 1%

In the space below, draw a picture of what you know or what you have learned about cucumbers.

Physical Activity Goals



HOW MANY MINUTES OF PHYSICAL ACTIVITY DO I NEED EVERY DAY FOR GOOD HEALTH?

To take care of your body, you need at least 60 minutes of moderate-intensity physical activity every day.

WHAT IS MODERATE-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity gets you up and moving and makes your heart beat faster. Examples include brisk walking, biking, taking the stairs, dancing, and raking leaves. A person who is being physically active at a moderate-intensity level should be able to carry on a conversation comfortably with their activity partner.



WHAT IS VIGOROUS-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity makes you breathe hard and sweat. Examples include running, jogging, playing soccer, fast dancing, and fast biking. A person who is being physically active at a vigorous-intensity level should be able to say a few words, but can't carry on a conversation.

SETTING MY PHYSICAL ACTIVITY GOAL

- My goal is _____ minutes of moderate/vigorous physical activity every day.
- Three steps I need to take to meet my physical activity goal. This can be at school or home. (Examples: walk whenever I can; find a buddy to join and support me in my physical activity routine; try new physical activities that will keep me moving)
- After one week review the list and put a check mark by the goals you finished.

1. _____

2. _____

3. _____



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SOURCE: *Network for a Healthy California*

The **May** Harvest of the Month featured fruit is **berries**



- A ½ cup of most berries is a high source of vitamin C.
- The colonists learned from Native Americans how to gather blueberries, dry them under the summer's sun, and store them for the winter.
- Raspberries can be grown from the Arctic to the equator.

List three adjectives that describe the way berries taste, look, or smell.

1. _____

2. _____

3. _____



Nutrition Facts

Serving Size: ½ cup blackberries (72g)	
Calories 31	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 1g	
Vitamin A 3%	Calcium 2%
Vitamin C 25%	Iron 3%

Make a list of 4 different berries.

1. _____

2. _____

3. _____

4. _____



A white ceramic bowl filled with oatmeal, topped with a fresh strawberry and several blueberries. A silver spoon is placed on the right side of the bowl.

Date: _____

Dear _____,

[illegible]



21

The **June** Harvest of the Month featured vegetable is **corn**



- Corn is a good source of thiamin.
- Corn is grown on every continent of the world except Antarctica.
- Scientists believe people living in Central Mexico were the first to grow corn. Ears of corn have been found in caves in Mexico that date back 7,000 to 8,000 years ago.

List three adjectives to describe the way corn tastes, sounds or looks.

1. _____
2. _____
3. _____



List three different foods that are made from corn.

1. _____
2. _____
3. _____

Nutrition Facts	
Serving Size: ½ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 2%



My Meal Plan

Use this worksheet to plan a day of meals and snacks. Your goal is to include the number of cups of fruits and vegetables during the day that are right for you. Review October's Harvest of the Month page to find out how many cups of fruits and vegetables you need for your plan. Use the list of foods on page 25 to help you.



- For each meal, you should include at least three food groups. Your meals should include:
 - a food from the dairy group or a food from the meat & beans group
 - at least one fruit or vegetable with each meal
- You can choose one or two food groups for a snack.

Meals

Snacks

BREAKFAST:

- ☐ Grains _____
- ☐ Fruit _____
- ☐ Vegetable _____
- ☐ Dairy _____
- ☐ Meat & Beans _____

MORNING SNACK: (recess)

LUNCH:

- ☐ Grains _____
- ☐ Fruit _____
- ☐ Vegetable _____
- ☐ Dairy _____
- ☐ Meat & Beans _____

AFTERNOON SNACK:

DINNER:

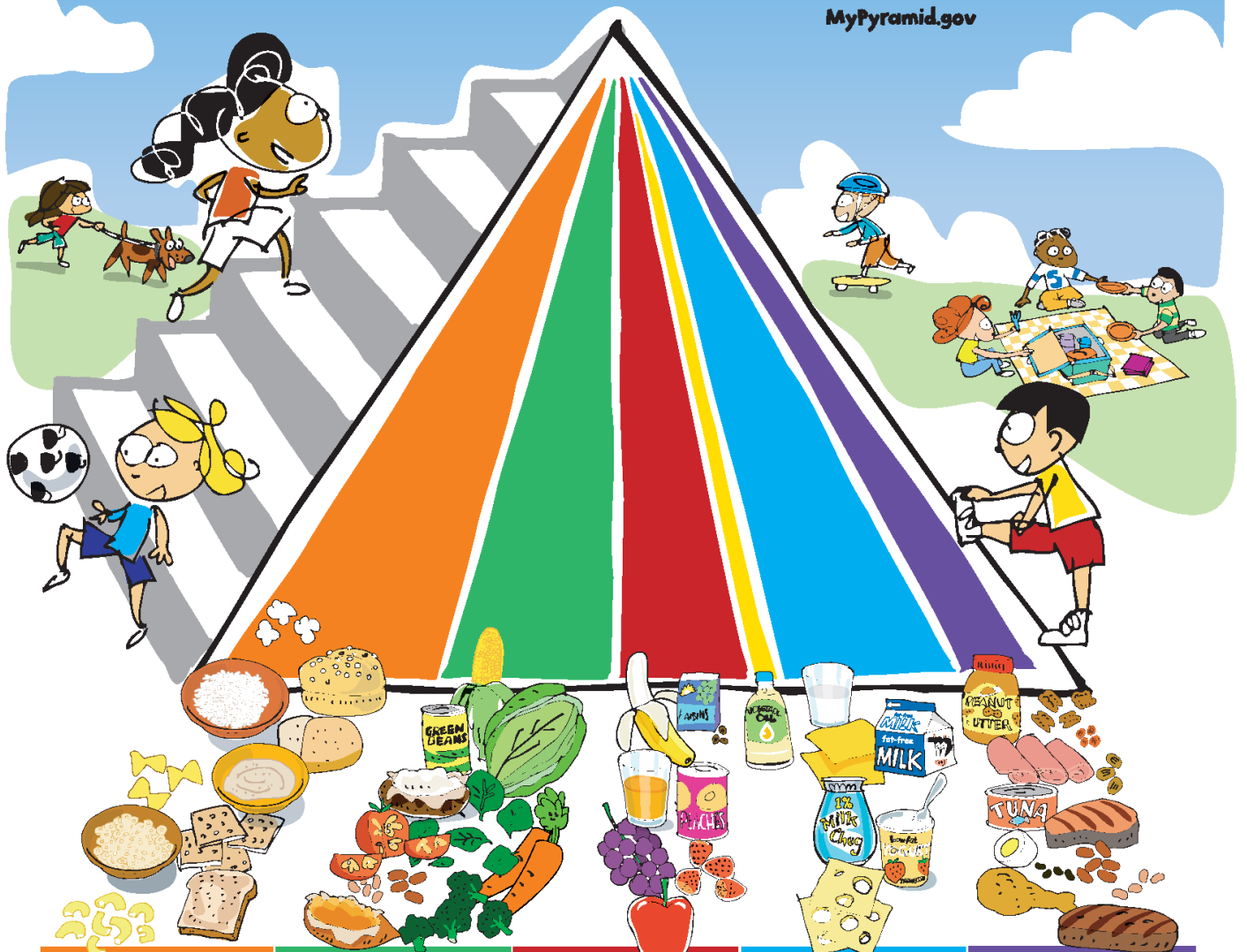
- ☐ Grains _____
- ☐ Fruit _____
- ☐ Vegetable _____
- ☐ Dairy _____
- ☐ Meat & Beans _____

When you are finished with your plan, circle the foods that are fruits and vegetables or have fruits and vegetables in them. Make sure you get the recommended amount for good health.

MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.



Fruits

Focus on fruits

Fruits are nature's treats — sweet and delicious. Go easy on juice and make sure it's 100%.

Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day



Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!



Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

Foods Found in MyPyramid



Brown rice
Buckwheat
Oatmeal
Popcorn
Whole wheat cereal
Ready to eat breakfast cereal
Whole grain barley
Whole grain cornmeal
Whole rye
Whole wheat bread
Whole wheat crackers
Whole wheat pasta
Whole wheat tortillas
Wild rice

Cornbread
Corn tortillas
Couscous
Crackers
Flour tortillas
Grits
Noodles
Spaghetti
Macaroni
Pitas
Pretzels
Corn flakes
White rice



Bok choy
Broccoli
Collard greens
Dark green leafy lettuce
Kale
Mustard greens
Lettuce
Spinach
Turnip greens
Squash
Carrots
Pumpkin
Sweet potatoes
Black beans*
Black-eyed peas*
Garbanzo beans (chickpeas)*
Kidney beans*
Lentils*
Lima beans*
Pinto beans*
Soy beans*
Split peas*
Tofu

Corn
Green peas*
Potatoes
Artichokes
Asparagus
Bean sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green beans
Bell peppers
Mushrooms
Okra
Onions
Zucchini
Turnips
Tomatoes
Tomato juice
Vegetable juice

*beans and peas can also go in the meats & beans group



Apples
Apricots
Avocado
Bananas
Strawberries
Blueberries
Raspberries
Cherries
Grapefruit
Grapes
Kiwi fruit
Lemons
Limes
Mangos
Cantaloupe
Honeydew
Watermelon

Oranges
Peaches
Pears
Papaya
Pineapple
Plums
Prunes
Raisins
Tangerines
100% orange juice
100% apple juice
100% grape juice
100% grapefruit juice



Milk
Cheddar cheese
Mozzarella cheese
Swiss cheese
Parmesan cheese

Yogurt
Cottage cheese
Ice milk



Chicken
Turkey
Beef
Eggs

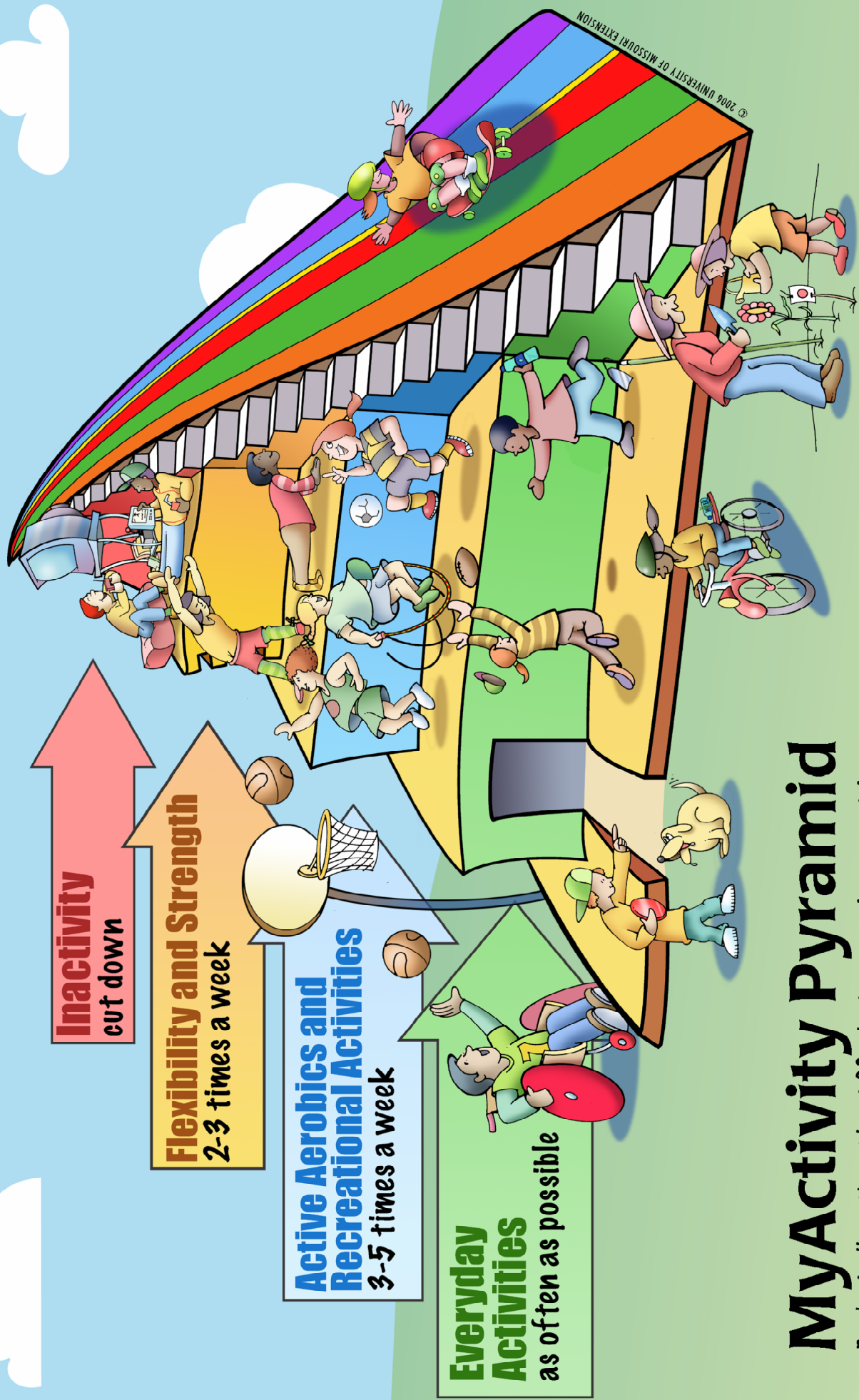
Ham
Lamb
Pork
Fish

Veggie burger
Tempeh
Peanut Butter

Almonds
Cashews
Peanuts

Sunflower seeds
Pistachios
Sesame seeds

Pecans
Walnuts
Beans and peas
(see vegetables)

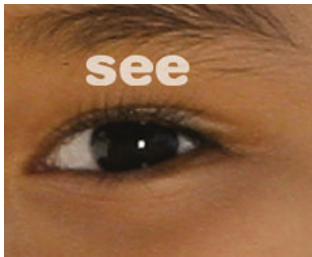


MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.
Use these suggestions to help meet your goal.

Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



Green
Red
Orange
Purple
Yellow
Brown
Tan
White
Blue
Light (+color)
Dark (+color)
Colorful
Appealing
Appetizing
Shiny
Small
Medium
Large
Thick
Thin
Long
Short
Skinny
Round



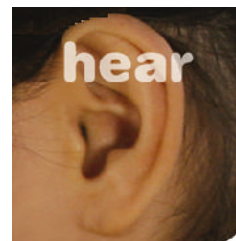
Sweet
Sour
Bitter
Delicious
Fresh
Tangy
Tart
Tasteless
Tasty
Plain
Mouthwatering
Yummy
Good
Bad
Refreshing



Crunchy
Crisp
Soft
Hard
Juicy
Light
Heavy
Sticky
Smooth
Wet
Firm
Bumpy
Dry
Mushy
Tough
Rough
Chewy



Sweet
Sour
Bitter



Crunchy
Crisp
Juicy

Glossary of Nutrients



CALCIUM This mineral helps build strong bones and healthy teeth.

CARBOHYDRATE Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.

FAT Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.

FIBER Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.

FOLATE This B vitamin helps lower a women's risk of having a child with certain birth defects.

IRON This mineral helps red blood cells carry oxygen to all the parts of your body.

MAGNESIUM This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.

PHYTOCHEMICALS Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.

POTASSIUM This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.

PROTEIN Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.

RIBOFLAVIN This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.

THIAMIN The B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.

VITAMIN A This vitamin helps your body maintain healthy eyes and skin.

VITAMIN C This vitamin helps the body heal cuts and wounds and maintain healthy gums.

VITAMIN E This vitamin helps maintain healthy cells throughout your body.

VITAMIN K This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.

WATER Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.

ZINC This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.

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